## Royal Thai, US Marines execute raid

#### Lance Cpl. Codey Underwood

31ST MARINE EXPEDITIONARY UNIT PUBLIC AFFAIRS

HAT YAO, Thailand — Royal Thai Marines and U.S. Marines with the 31st Marine Expeditionary Unit conducted a bilateral helicopter raid Feb. 16 in Hat Yao, Kingdom of Thailand, as part of Exercise Cobra Gold 2013.

Thailand and the U.S. have co-hosted Cobra Gold for 32 years to develop greater interoperability of forces, improve relationships, and further develop the ability to solve regional challenges among participating nations.

"Cobra Gold allows us to train with our Thai counterparts, share knowledge, and strengthen our relationship," said U.S. Marine see **COBRA GOLD** pg 5



Royal Thai Marines exit a CH-46E Sea Knight helicopter during a bilateral helicopter raid Feb. 16 at Hat Yao, Kingdom of Thailand, as part of Exercise Cobra Gold 2013. Royal Thai and U.S. Marines traversed more than a kilometer of jungle terrain to secure a small town. The Royal Thai Marines are with 3rd Battalion, 1st Marine Division, Royal Thai Marine Corps. The helicopter is assigned to Marine Medium Helicopter Squadron 262 (Reinforced), 31st Marine Expeditionary Unit. Photo by Lance Cpl. Katelyn Hunter

## **Minister for Foreign Affairs visits**

1st Lt. Gregory Carroll

OKINAWA MARINE STAFF

CAMP FOSTER — Japan Minister for Foreign Affairs Fumio Kishida toured Marine Corps installations and met with key leaders Feb. 16 at Camps Foster and Schwab.

The trip marked Kishida's first visit with U.S. military leaders on Okinawa since his appointment as minister for foreign affairs in December.

Kishida first visited Camp Schwab, where he received a tour of the base and was taken to an observation point where he was greeted by Col. Jonathan D. Covington, the deputy commander for Marine Corps Installations Pacific. Kishida also received a briefing at the observation point on the Marine Corps Air Station Futenma relocation facility from Hirofumi Takeda, the director general of the Okinawa Defense Bureau.

see **FM VISIT** pg 5



Japan Minister for Foreign Affairs Fumio Kishida and Maj. Gen. Peter J. Talleri shake hands following a meeting on Camp Foster Feb. 16 during Kishida's first visit to Okinawa military installations since being appointed in December. During the visit, Kishida met with key leaders and received a tour of Camps Foster and Schwab. Talleri is the commanding general of Marine Corps Installations Pacific and acting Okinawa area coordinator. Photo by Cpl. Courtney G. White

# Okinawa, US leaders discuss cooperation

Lance Cpl. Alyssa N. Gunton

OKINAWA MARINE STAFF

CAMP FOSTER — Hirofumi Takeda, the director general of the Okinawa Defense Bureau, met with senior U.S. military leaders Feb. 14 on Camp Foster to discuss the purpose and functions of the ODB and how it works with the U.S. military.

The ODB is the Japan Ministry of Defense's local office on Okinawa, tasked with conducting liaison activities with the U.S. military to contribute to the U.S.-Japan security alliance.

"(Takeda's) responsibilities and see **COOPERATION** pg 5



MARINES LEARN TO OPERATE IN CONTAMINATED ENVIRONMENT

**PG. 4** 

### **EXERCISE COBRA GOLD**

Multinational forces participate in medical exchanges, construction projects and operate in the air, on land and at sea.

**PGS.** 6-7

### **LEADERSHIP SKILLS**

Marines learn and put leadership skills to the test deep in the Jungle Warfare Training Center.

PG. 10

## Maintain healthy heart for long life

**Petty Officer 1st Class Jae Kwon** 

**▼**ebruary is American Heart Month, and it is the perfect opportunity to raise awareness on heart health. While we love to celebrate Valentine's Day with our loved ones, it is also time to

get back into shape after the long winter holiday season.

Despite all the technological advances made in recent years in the cardiovascular field, one in every three deaths in the U.S. is caused by heart disease. Benjamin Franklin once said, "An ounce of prevention is worth a pound of cure."

Contributing risk factors to heart disease can be both hereditary and acquired. Many of them, however, can be controlled through lifestyle

changes. Following is a list of lifestyle modifications you can take for better heart health.

Stay away from smoking. If you are already a smoker, quitting smoking is one of the best things you can do for your body. Smoking significantly raises the risk of heart disease by hardening and narrowing arterial walls, increasing heart rate, and enabling the forming of blood clots. It is a direct contributor to coronary heart disease and stroke. Take advantage of smoking cessation classes offered at the U.S. Naval Hospital and other clinics.

Eat healthy. Eating more vegetables, nuts, fruits, whole grains and fish and less red and processed meat reduces risk of cardiovascular

disease. Many studies have revealed a direct correlation between regular consumption of sugary beverages and heart disease. This includes sports drinks and fruit juice. Prudent consumption of dietary salt keeps blood pressure under control.

"Lifestyle modification is not a one-time affair. It takes proper planning and lifelong commitment, but the payoff is invaluable."

> Check your blood pressure periodically. Of all adults with high blood pressure, 18 percent are not aware of their condition, and many with documented high blood pressure are not within their target levels. Your blood pressure can be checked at home or at your assigned clinic.

Stay active and promote an active lifestyle among children. An astonishing 32 percent of adults reported they do not participate in recreational aerobic activities. Worse yet, 31.8 percent of children between 2-19 years old are overweight and obese. Physical activity does not have to be painful and arduous. Start with something fun like running, walking, playing soccer, hiking or biking. The surgeon general recommends

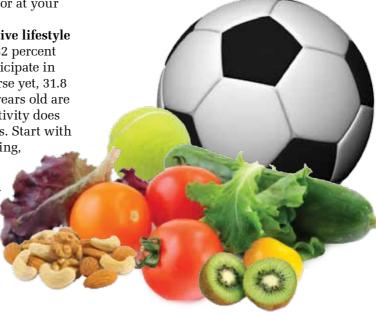
a consistent 30 minutes or more of moderate-intensity exercise daily. Manage diabetes and choles-

terol. Visit your doctor for periodic checks. Drawing blood for labs provides valuable information on cholesterol and blood sugar levels.

Take your medicine. Not all diabetes, blood pressure and cholesterol can be managed solely by engaging in physical activities and eating properly. It is equally important to be compliant with prescribed medications. Be aware of the side effects and consult your doctor for any questions.

Lifestyle modification is not a one-time affair. It takes proper planning and lifelong commitment, but the payoff is invaluable. Visit the Centers for Disease Control and American Heart Association websites for more information. Remember that not all of the advice available online may be for you, so be sure to see your medical provider for annual physical assessments and ask questions. It is time to take ownership of your heart and enjoy a healthy life.

Kwon is a cardiovascular technician with the internal medicine clinic, U.S. Naval Hospital Okinawa.







Marines launch a rocket from a High Mobility Artillery Rocket System Feb. 13 at Fort Sill, Okla., during a mission rehearsal for Exercise African Lion 2013. During the annual, multinational exercise in Africa, Marines will demonstrate the capabilities of the HIMARS and M777 A2 155 mm howitzer to their Moroccan partners. The Marines are with 2nd Battalion, 14th Marine Regiment, 4th Marine Division, Marine Forces Reserve. Photo by Sgt. Ray Lewis

Lance Cpl. Matthew S. Hartlove greets a resident of Carebridge Assisted Living Center Feb. 12 in Jacksonville, N.C. Volunteers donned their service uniforms and invited individual residents to join them on the center's dance floor and visited with them. Hartlove is an electrician with 2nd Supply Battalion, 2nd Marine Logistics Group, II Marine Expeditionary Force. Photo by Cpl. Paul Peterson





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OKINAWA MARINE NEWSPAPER

H&S Battalion MCB PAO Unit 35002 FPO AP 96373-5002

> **CENTRAL BUREAU** Camp Foster DSN 645-9335

NORTHERN BUREAU

Camp Hansen DSN 623-7229

SOUTHERN BUREAU Camp Kinser DSN 637-1092

Marines and sailors with 3rd Battalion, 12th Marine Regiment, transport a simulated casualty to an evacuation site as part of a medical evacuation drill Feb. 16 at the Ojojihara Maneuver Area on mainland Japan. During the drill, Marines and corpsmen rehearsed the proper procedures for assessing, treating and transporting casualties from the field to the next level of care. 3rd Bn., 12th Marine Regiment, is part of 3rd Marine Division, III Marine Expeditionary Force.

## Marines, corpsmen participate in medical evacuation drill

Story and photos by Lance Cpl. Terry Brady

OKINAWA MARINE STAFF

OJOJIHARA MANEUVER AREA, Japan — Marines and sailors with 3rd Battalion, 12th Marine Regiment, conducted a field medical evacuation drill Feb. 16 at the Ojojihara Maneuver Area on mainland Japan as part of Artillery Relocation Training Program 12-4.

The medical evacuation drill is regularly scheduled training prior to the beginning of live-fire artillery exercises such as ARTP 12-4 to assess the battalion's ability to treat injuries in a field environment while allowing medical personnel to develop skills for emergencies.

"Being basic corpsmen, our personnel have much to learn during field operations such as this," said U.S. Navy Lt. Suraj Trivedi, medical officer for 3rd Bn., 12th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force. "Training in the climate and environment here at the maneuver area gives them an opportunity to enhance their techniques and experience weather and terrain they don't typically operate in."

The corpsmen have been through medical courses to deal with common injuries in the field, so making the drill as realistic as possible was very important, Trivedi added.

During the drill, corpsmen were presented with various scenarios involving simulated casualties with injuries such as broken bones or concussions they were required to assess, treat, and transport to the next level of care.



Marines and sailors with 3rd Battalion, 12th Marine Regiment, assess and treat a simulated casualty as part of a medical evacuation drill Feb. 16 at the Ojojihara Maneuver Area on mainland Japan. The drill was conducted prior to the start of the live-fire portion of Artillery Relocation Training Program 12-4 to ensure the effectiveness of the medical staff while in a field environment.

"The drill was great training for us and very challenging," said Petty Officer 3rd Class Mark Boddy, a corpsman with the battalion. "It allowed us to think and act outside of normal procedures we are accustomed to."

The corpsmen worked in conjunction with the Japan Ground Self-Defense Force for transportation of the simulated casualties from the maneuver area to a local hospital.

"The drill benefits everyone participating in ARTP 12-4," said Trivedi. "The Marines learn how to respond to emergency situations, while the corpsmen worked with Japanese forces to practice organizational skills and procedures for treating patients and casualties."

The exercise gave the corpsmen an opportunity to display their abilities and proficiency in a field environment.

"It was very impressive to see the professionalism and proficiency the corpsmen exhibited," said Lt. Cmdr. Robert Lovern, the operational stress control and readiness psychiatrist for 3rd Marine Division. "They identified several potential trouble areas, and the medical staff worked together to overcome them, which is a very important ability to develop when conducting bilateral training."

The drill was a great way for the Marines, corpsmen and Japanese forces to work together while ensuring the corpsmen are ready to treat casualties in the field, Trivedi added

"Because of the necessity of field-ready corpsmen during these exercises, our goal is to run this drill more often during training on Okinawa," said Trivedi. "It will give the Marines and corpsmen more opportunities to develop skills before going on exercises."

## BRIEFS

## USNH OKINAWA RELOCATION BRIEFS

U.S. Naval Hospital Okinawa will hold briefings to discuss the upcoming move to the new facility on Camp Foster as follows:

• Feb. 27, 6 p.m. at the Camp Foster Community Center

• March 1, 11 a.m. at the Camp Lester Chapel

Briefings are open to all status of forces agreement personnel and retirees.

## FOSTER COMMISSARY TEMPORARY CLOSURE FEB. 25-26

The Camp Foster Commissary will be closed Feb. 25-26 to conduct annual inventory.
For more details, call 645-2712.

## LIBERTY POLICY UPDATE

U.S. Forces Japan announced an updated baseline liberty policy Feb. 13 for all service members on Japan. The revised III MEF/MCIPAC leave and liberty policy letter is located at the following common access cardenabled link: https://intranet.mcbbutler.nmci.usmc.mil/G1\_Administration/Adjutant/.

### YOUNG MARINE BOOT CAMP

The Okinawa Young Marine Battalion has scheduled registration and parent orientation sessions for upcoming boot camps.

The Camp Courtney Young Marines will hold a registration drive March 2 from 11 a.m. to 2 p.m. at the Camp Courtney post exchange. For more information, contact Master Sgt. Joseph L. Davila at joseph.davila@usmc.mil.

The Camp Foster Young Marines will hold a parent orientation and registration session March 1 from 6:30-8 p.m. at building 5710 on Camp Foster. For more information, send an email to campfosteryoungmarines@gmail.com.

## PHISHING EMAILS AND SPAM

Due to a significant increase in phishing emails and spam on the internet directed toward the DOD community, all users should be aware of potential email scams, fake antivirus software, phishing attacks and social networking scams.

Recipients of such content should notify their command cybersecurity manager or information systems coordinator and delete the message. Users should not click on links or forward emails with suspicious links to other users. For more information, go to www. staysafeonline.org or call 645-5015 or 645-3955.

**TO SUBMIT A BRIEF,** send an email to okinawamarine.mcbb.fct@usmc.mil, or fax your request to 645-3803. The deadline for submitting a brief is noon Friday. Okinawa Marine reserves the right to edit all submitted material.

## 3rd Intelligence Battalion sharpens CBRN skills



Marines with 3rd Intelligence Battalion respond to a simulated chemical, biological, radiological and nuclear spray attack Feb. 14 at Camp Hansen. The Marines learned how to respond to different types of CBRN attacks during a five-day CBRN defense course. 3rd Intel. Bn. is a part of III Marine Expeditionary Force Headquarters Group, III MEF. Photo by Lance Cpl. Donald T. Peterson

Lance Cpl. Donald T. Peterson
Okinawa Marine Staff

CAMPHANSEN—Marines with 3rd Intelligence Battalion completed a chemical, biological, radiological and nuclear defense course Feb. 11-15 at Camp Hansen, increasing their ability to operate in contaminated environments.

"The course is designed to teach Marines how to react to different CBRN attacks and identify what level of mission-oriented protective posture gear is necessary," said Lance Cpl. Nickolas A. Pasetto, an instructor for the course and CBRN specialist with 7th Communications Battalion, III Marine Expeditionary Force Headquarters Group, III MEF.

The course consisted of five days of classes and practical application training of donning gas masks and MOPP gear and reacting to mock CBRN attacks.

"There are (three) different types of attacks," said Lance Cpl. Jasmine Gonzalez, an instructor for the course and CBRN specialist with 7th Comm. Bn. "The attacks can be spray, flash or gas."

The Marines were trained to recognize and respond differently to each form of attack.

"It's important to know what to do during each scenario," said Lance Cpl. Anthony D. Marano, a geographic intelligence specialist with 3rd Intel. Bn., III MHG, III MEF. "In the situation of a spray attack, you should take cover under something, whether it be a roof or a poncho, so you are not directly exposed to the contaminant.

"In a situation where you see a flash, you should drop to the ground with your weapon underneath you, face away from the direction of the flash, and remain on the ground until the flash is over."

Marines also learned how to distinguish which level of MOPP gear is appropriate for certain types of attacks or scenarios and the proper procedure for shifting levels of MOPP gear.

"There are different methods you can use to determine whether or not it is safe to remove your mask," said Pasetto. "The most common method is the selective undonning method. One person is selected to remove their mask for 30 seconds and then put it back on. After closely evaluating the person to see if they feel any side effects, (the selected Marine) then removes their mask once again, this time for five minutes. If they don't feel any effects, the rest of the Marines slowly take their mask off in intervals."

After studying and training, the Marines completed the course well prepared for any type of CBRN attack they may encounter.

"It's important for the Marines to really internalize the knowledge and procedures taught during the course," said Pasetto. "What they learned could be the difference between life and death for their fellow Marines in the event a CBRN attack should occur."

## Marines volunteer, community benefits

Lance Cpl. Donald T. Peterson

OKINAWA MARINE STAFF

KIN TOWN, OKINAWA, Japan — Marines with 7th Communications Battalion volunteered to assist with grounds maintenance at Hikarigaoka nursing home and at a nearby shoreline Feb. 14 in Kin Town.

The hard work and dedication of the volunteers with the battalion, part of III Marine Expeditionary Force Headquarters Group, III MEF, continued a tradition of Marines volunteering to assist the Kin Town community.

"We came out here to help strengthen the longstanding relationship we share with the nursing home," said Lance Cpl. Jordan A. Wayne, a data systems technician with the battalion.

The Marines mowed the lawn, as well as cleaned up the road in front of the nursing home to the delight of nursing home residents and staff.

"It's always a great pleasure when the Marines come out to help clean up the area around the nursing home," said Chiemi Okuma, the office manager for Hikarigaoka nursing home. "The staff and local community are always pleased and happy to see the hard work they do to help."

The Marines of 7th Comm. Bn. have been volunteering at the nursing home, visiting residents on holidays, and providing grounds maintenance for the past 18 years, according to Okuma.

While one group of Marines assisted with grounds maintenance at the nursing home, another



Marines with 7th Communication Battalion sort through debris collected Feb. 14 while cleaning the shoreline of a bay in Kin Town near the Hikarigaoka nursing home. "It's a great pleasure to see what the Marines do to help out the local community," said Chiemi Okuma, the office manager for Hikarigaoka nursing home. "I am very grateful and can't wait for them to come visit and help out once again." 7th Comm. Bn. is a part of III Marine Expeditionary Force Headquarters Group, III MEF. Photo by Lance Cpl. Donald T. Peterson

group cleaned the shore of a nearby bay.

"We started at one end of the bay and went all the way to the other side," said Master Sgt. Ciriaco R. Ayala, the operations chief for the battalion. "I run by the bay quite frequently and recently noticed how much trash was on the shore. I couldn't just leave it there, so I decided to ask the battalion's Marines who would like to give back to the local community to come out and clean up the bay."

The Marines filled up more than 20 bags with trash and five bags with recyclables.

"It's great to see the Marines come out and help with such an event," said Ayala. "It shows the local community that we are here to help and to give back to them however we can."

The bay is one of the several places on Okinawa residents visit to harvest seaweed during the upcoming hijiki harvest, an annual collection of the seaweed, which is believed to promote good health and a long life.

As the cleanup came to an end, with the nursing home and bay once again looking their best, the Marines set off back to work having strengthened the already close ties between the battalion and the community.

"It's a great pleasure to see what the Marines do to help out the local community," said Okuma. "I am very grateful and can't wait for them to come visit and help out once again."

## Sailors teach youth about dental health



Shaw holds a stuffed alligator for Shawna Shobe while she brushes its teeth during a presentation for a second-grade class Feb. 12 at Kinser Elementary School. Shaw is a member of a group of volunteers who are visiting elementary schools on military installations throughout Okinawa in February, which is National Children's Dental Health Month. Sailors educated students on which foods and drinks to avoid and proper brushing and flossing techniques to maintain good dental hygiene. Shaw is a hospital corpsman with 3rd Dental Battalion, 3rd Marine Logistics Group, III Marine Expeditionary Force. Shobe is a second-grade student at Kinser **Elementary School.** 

Photo by Lance Cpl. David N. Hersey

#### **COBRA GOLD** from pg 1

2nd Lt. Jacob Zalewski, a platoon commander with Headquarters and Service Company, Battalion Landing Team 1st Battalion, 5th Marine Regiment, 31st MEU. "The Royal Thai Marines are the subject-matter experts when fighting in this environment. We have to take what knowledge we can from them."

The integrated force of approximately 75 Marines was inserted via one CH-53E Super Stallion and four CH-46E Sea Knight helicopters with Marine Medium Helicopter Squadron 262 (Reinforced), 31st MEU, to secure a small town more than a kilometer from the landing zone.

Seconds after touching down in an open field, Royal Thai and U.S. Marines rushed out and secured the perimeter around the helicopters. Once the helicopters were back in the air, the force consolidated into a tactical formation and entered the dense jungle.

Maneuvering through thick foliage, the international Marine force set up in advantageous positions around the occupied town without being spotted. U.S. Marines set up support-by-fire and security positions while the Thai platoon took the assault role.

The division of forces allowed the Marines to efficiently accomplish their mission while providing each side with a valuable training opportunity. The U.S. Marines gained experience in jungle operations, and the Royal Thai Marines gained experience in urban assault.

"Today, we were able to improve our skills in an urban environment, something we can use against an opposing force inside of structures," said Royal Thai Marine Pvt. Sarunyou Fhanin,

a rifleman with 3rd Battalion, 1st Marine Division, Royal Thai Marine Corps.

Numerous bilateral events, ranging from amphibious assaults to noncombatant evacuation operations, are planned during CG 13. Each training event aims to improve interoperability between participating forces while developing individual capabilities.

Even though Cobra Gold is in its 32nd iteration, there are new experiences for participants each year, according to Royal Thai Marine Sgt. Kyoon Dennanong, a platoon sergeant with 3rd Battalion, 1st Marine Division, Royal Thai Marine Corps.

"Every time we train together, we learn something new," said Dennanong. "Today was a great opportunity to work together, and we look forward to more training during this year's exercise."

## FM VISIT from pg 1

After the tour of Camp Schwab, Kishida traveled to Camp Foster and met with Maj. Gen. Peter J. Talleri, the commanding general of MCIPAC and acting Okinawa area coordinator; Alfred R. Magleby, the consul general, Naha; and other members of MCIPAC, the U.S. Forces Japan Okinawa Area Field Office and Ministry of Foreign Affairs of Japan.

"We would like to continue to work with Lieutenant General Glueck and Major General Talleri as well as the other officers stationed in this region to deepen the cooperation between our two countries," said Kishida.

After the meeting, Kishida received a tour of Camp Foster, including the camp's housing areas.

"It is extremely important to meet, and I am thankful for your time and want to congratulate you on your appointment," Talleri told Kishida. "We are honored to be hosted by the great country of Japan and very grateful to call this our second home."

Kishida appreciated the opportunity to visit Marine Corps installations and visit with key leaders on Okinawa, and thanked the U.S. military for its hard work and dedication to the U.S.-Japan alliance.

"I would like to express our appreciation to all the military officers in Japan regarding their efforts to maintain peace and stability in the region," said Kishida.

Overall, the visit highlighted the continued cooperation and coordination between the two parties to reinforce the steadfast U.S.-Japan alliance.

"There is no stronger alliance than that of Japan and the U.S., and it will always remain strong," said Talleri. "From my country to yours, we thank you for that strong alliance."

## **COOPERATION** from pg 1

mission are critical for everyone in this room and revolve around maintaining positive relations with the military," said Maj. Gen. Peter J. Talleri, the commanding general of Marine Corps Installations Pacific and Marine Corps Base Camp Butler. "He ensures the integration and story (of our work) is told in such a way that it is highly transparent and that information is very forthright, so his staff can take on their responsibilities to make sure our two countries are doing the very best to contribute to our alliance."

Takeda began his discussion by reinforcing the importance of U.S. forces to the U.S.-Japan alliance.

"I deeply appreciate this valuable opportunity to talk to the leaders of the Marine Corps," said Takeda. "I have wanted to have the opportunity to speak with the leaders, so I asked Major General Talleri for this favor. I am very pleased to find myself here today. I would like to express my deep respect and gratitude to you for your deep devotion to the mission here in Japan. The presence of U.S. forces is critical to ensuring peace and security in Japan, as well as internationally, and is very important."

Takeda spoke to the leaders about the many challenges and issues he and his staff encounter on a daily basis.

"Obviously, challenges do occur from time to time," said Talleri. "They can range from incidents to decisions on what equipment is forward–based for U.S. forces on Okinawa. These are the types of issues his staff works on closely with the U.S. military and the consulate general's office."

Upon conclusion of Takeda's remarks, Talleri expressed his hopes that discussions will take place again and made clear he wants to continue to facilitate direct communication to help resolve the many issues the ODB faces.

"I think it is great for us to work together through exchanges like this," said



Maj. Gen. Peter J. Talleri speaks to senior U.S. military and civilian leaders at the Ocean Breeze on Camp Foster Feb. 14 before Hirofumi Takeda, the director general of the Okinawa Defense Bureau, addresses the leaders. Talleri is the commanding general of Marine Corps Installations Pacific and Marine Corps Base Camp Smedley D. Butler. Photo by Lance Cpl. Alyssa N. Gunton

Talleri. "The director general can get a good sense of what things are on our minds, many of which we will work with him and his staff on, so it is important we maintain an open dialogue so we can share these kinds of discussions to ultimately enhance our ability to work together on important issues."

OKINAWA MARINE | NE

U.S. Marine Corps Pfc. Samantha Albert, front, and Royal Thai Marine Pvt. Tum Suparat paint a wall of a new classroom Feb. 15 at Ban Nam Chiao Elementary School in Lam Ngob district, Trat province, Kingdom of Thailand. Albert is a combat engineer with Marine Wing Support Squadron 172, Marine Aircraft Group 36, 1st MAW, III MEF. Suparat is a combat engineer with the Royal Thai Marine Corps. Photo by Sgt. Matthew Troyer

## Cobra Gold 2013



U.S. Marines and sailors team-up with students from the Panya Nukhoon School in Nakhon during a three-legged race as part of a community relations event. Marines and sailors too the students. The service members are with 1st Marine Aircraft Wing, III Marine Expedition



Royal Thai Marines hit the beach and move to their objectives Feb. 14 during an amphibious assault alongside U.S. Marines in Sattahip, Kingdom of Thailand, as a pa exercise's 32nd iteration, is the largest multinational exercise in the Asia-Pacific region and demonstrates the commitment of participating nations to increase intero in the region. Photo by Pfc. Mike Granahan

**VS** | FEBRUARY 22, 2013

## 3 showcases forces' abilities



Ratchasima, Kingdom of Thailand, Feb. 12 ok time to visit the school to interact with ary Force. Photo by Lance Cpl. Brandon Suhr



perability and support peace and stability



U.S. and Royal Thai Marines parachute out of a KC-130J Hercules aircraft Feb. 15 near Utapao Royal Thai Navy Air Base, Kingdom of Thailand, while conducting bilateral aerial delivery training during Exercise Cobra Gold 2013. The U.S. Marines are with 3rd Reconnaissance Battalion, 3rd Marine Division, III Marine Expeditionary Force. The aircraft is assigned to Marine Aerial Refueler Transport Squadron 152, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III MEF. Photo by Lance Cpl. Todd Michalek



A U.S. Navy landing craft transporting U.S. Marines and sailors powers toward the beach Feb. 14 during a bilateral amphibious assault with Royal Thai Marines and sailors in Sattahip, Kingdom of Thailand. Marines with the 31st Marine Expeditionary Unit took part in the assault. Photo by Pfc. Mike Granahan



**U.S. Navy Petty Officer 1st** Class Joseph De La Cruz demonstrates how to wrap an abdominal wound on a simulated victim for Thai medical personnel Feb. 12, during tactical combat casualty care training at Wing One Royal Thai Air Force Base, Nakhon Ratchasima, Kingdom of Thailand. De La Cruz is a corpsman with Marine Wing Support Squadron 172, Marine Aircraft Group 36, 1st MAW, III MEF.

Photo by Lance Cpl. Todd Michalek

# Living by core values

## Marines volunteer, give back to community

**■**hroughout the history of the Corps, Marines have conducted themselves with honor, courage and commitment, earning the respect and high expectations of people around the world. While most may cite examples of actions in combat to explain the core values, equally important in establishing the Corps' legacy has been the selfless work of Marines in the local communities where they are assigned.

Marines on Okinawa can volunteer with several organizations on and off base. ranging from school reading programs and blood drives to community cleanups and youth sports programs.

Volunteering provides an opportunity for Marines to get involved in areas beyond their normal responsibilities and help make a difference.

"Volunteering has given me a better understanding of commitment," said Lance Cpl. Lahmia M. Hegwood, a combat production specialist with combat camera, G-3/5, operations and training, Marine Corps Base Camp Smedley D. Butler. Marine Corps Installations Pacific. "When I volunteer on the weekends and I have to be at my event at 6 a.m., no matter how tired I am, I know I must fulfill my commitment. If I do not, then I am letting down a lot of people who are counting on me."

Hegwood volunteers as a youth cheerleading squad coach at Camp Foster, an activity she finds enjoyable and rewarding.

"Introducing little girls to something they may love doing for the rest of their lives excites me," said Hegwood. "I love kids, dance and giving back. It is a winwin situation."

Volunteering is a good way for service members to meet new people, do something positive, and interact with the local community.

"Volunteering can give



III Marine Expeditionary Force and Marine Corps Installations Pacific Marines and sailors volunteer on base and in the local community as a way to give back and make friends. The volunteer opportunities range from cleaning up local beaches to coaching in youth sport programs and assisting with community relations events. Marines on Okinawa can volunteer with several organizations on and off base ranging from school reading programs and blood drives to community cleanups and youth sports programs. Photo compilation by Lance Cpl. Adam B. Miller

Marines a sense of accomplishment and help them escape from daily stress that comes with being away from home as they interact with members of the local community," said Randolph L. Mitchell, the manager of the Single Marine Program. "It also gives them an opportunity to grow, learn and thrive within the military

and Okinawa cultures."

The Marine Corps Community Services' Single Marine Program is one of many reliable resources for finding volunteer opportunities around Okinawa.

"We provide Marines with a friendly environment where they can feel comfortable," said Mitchell. "The most rewarding part

of my job is that I get to see these Marines make an impact on our community by becoming mentors others can emulate."

Marines can also contact their installation's community relations specialist for volunteer opportunities.

Marines can earn recognition through military awards like the outstanding volunteer service medal, certificates of commendation and letters of appreciation by volunteering. However, volunteers say there is more to be gained than individual accolades.

"Being able to volunteer is great," said Staff Sgt.

Kevin L. Tisdale, a civil affairs operations chief with III MEF. "If you talk to anyone that does it on a regular basis, they will tell you it is not about awards, but giving back and helping people."

There is virtually no limit to how Marines can have a positive influence on their community if they get involved.

"If you want to volunteer, then sign up for something that appeals to you and stick with it," said Hegwood. "Attitude is everything. Volunteer because you like to help people and want to make a difference."

"Being able to volunteer is great. If you talk to anyone that does it on a regular basis, they will tell you it is not about awards, but giving back and helping people."

Staff Sgt. Kevin L. Tisdale

## Laptop program encourages interactive learning

Lance Cpls. Terry Brady and Brianna Turner

OKINAWA MARINE STAFF

uill pens, ink wells and chalkboards are all from a bygone era. But at some schools, pen and paper may soon become just as outdated.

Recently, Lester Middle School began issuing laptop computers to its students in February as part of the Department of Defense Education Activity's new one-to-one laptop pilot program.

DoDEA is striving to increase engagement in learning and promote educational resources and methods to keep pace with modern tools through this new program.

"We are in the 21st century, a time which most of the students have only been alive in," said Altorn R. Grade, Lester Middle School principal. "Do-DEA is brave and forward thinking in promoting this huge step in learning for the children."

The program intends to improve students' ability to access digital resources, actively engage the



Teachers and students input new settings into students' laptops for the first time Feb. 14 at the Lester Middle School cafeteria. Photo by Lance Cpl. Elizabeth A. Case

course curriculum, and collaborate among peers and teachers.

"We want everyone to know this program is an educational enhancement, not a replacement for traditional teaching," said Grade. "The children will be exposed to broader and faster means of obtaining and determining information for their educational needs."

The tools will also help increase reading, writing and critical-thinking skills, Grade added. The laptops provide a means to improve education outside the classroom, as the children will be requested to use them at home.

"One of the best aspects of the program is, if a student's family doesn't have an internet connection, they will still be able to complete their assignments," said Tina L. Nelson, an education technologist at the school. "All of the computers have classroom material installed on

them, so students will be able to study and complete assignments offline."

To ensure the students have a unified understanding of materials and the software provided, the school is issuing laptops with the same operating system and educational software preinstalled.

"Not everyone in the school has (PCs) readily available at home," said Nelson. "Issuing the same model laptop with the same operating system to each student makes transferring data easier."

For students, the new laptops not only offer the opportunity to learn, but also an easier and more efficient way to complete assignments and store their work.

"I feel excited to get this laptop," said Caleb Roberts, a sixth-grade student at the school. "I can do my homework and hand it in to my teachers without forgetting about it or misplacing it. It's good because you have all your resources saved and don't have to bug your parents when you can't find the answer."

With the many advantages of this new program, Nelson and others see the laptop as a new avenue for learning and hope students will be able use them to further their education.

"The laptops are an educational resource that gives the students opportunities they don't have with pen and paper," said Nelson. "The laptops open up research and creative opportunities to the students, and we hope (the program) enriches educational opportunities and the learning process."

## Community, service members, celebrate USO's 72nd birthday

Lance Cpl. David N. Hersey

OKINAWA MARINE STAFF

usic fills the air, mixing with voices of people gathered for a birthday celebration. Laughter erupts from a group playing billiards, while over on the dance floor, guests move to a musical, rhythmic beat.

This was how local residents, Marines and sailors enjoyed their evening Feb. 15 at the USO on Marine Corps Air Station Futenma during a party to celebrate the USO's 72nd birthday.

The USO is a private, nonprofit, nongovernmental organization with the mission to lift the spirits of U.S. service members and their friends and families around the world.

The party provided Marines and sailors an opportunity to socialize with the citizens of Okinawa and was a good way to boost the morale of all attendees while improving relationships between service members and the community, according to Staff Sgt. Samuel Stevens, a volunteer at

the party and fixed-wing aircraft airframe mechanic with Marine Aerial Refueler Transport Squadron 152, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

"(This celebration) let everyone come together outside of work and have fun and encourages a positive relationship between our service members and local residents," said Stevens.

The party featured several forms of entertainment, such as performances by a professional dance team, hula dancers and a beat boxer, as well as games, a live disc jockey and a raffle drawing for assorted prizes.

"I had a good time," said Shori Goya, an attendee at the party. "I love doing anything that supports (the) U.S. military."

Marines and sailors played pool with their guests and shared stories with each other while enjoying birthday cake and ice cream.

"Everyone here volunteered to help, and the party went off without any problems," said



Lance Cpl. Luis Sanchez, left, plays pool with Shori Goya during the USO's 72nd birthday party Feb. 15 at the USO on Marine Corps Air Station Futenma. Goya was one of many local residents who attended the celebration. "I had a good time. I love doing anything that supports (the) U.S. military," said Goya. Sanchez is an aircraft electronic countermeasures systems technician with Marine Aviation Logistics Group 36, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. Photo by Lance Cpl. David N. Hersey

Lance Cpl. Carl G. Slack, an attendee at the party and aircraft electrical systems technician with VMGR-152. "These kinds of events are good for getting to know our neighbors and having a good time all at once, so we were happy to help."

Throughout the evening, music and laughter echoed and when it drew to a close, smiles could be seen everywhere as the attendees departed.

"I am glad we had such a great turnout," said Slack. "This party was a great success."

## Terrain dictates leadership at JWTC

Story and photos by Cpl. Mark W. Stroud

The endurance course stretches for miles, filled with winding, dense jungle and nearly vertical slopes. Marines encounter rivers, flooded trenches and submerged tunnels filled with waist-deep mud and cable bridges that must be traversed to reach the end.

Members of 3rd Law Enforcement Battalion, III Marine Expeditionary Force Headquarters Group, III MEF, used small-unit leadership techniques to overcome the course's challenges Feb. 15 at the Jungle Warfare Training Center on Camp Gonsalves as the final event of the basic jungle skills course.

"The basic jungle skills course is more focused on the small-unit leaders. Success will depend on if the squad leaders make sure the Marines are doing the right things," said Lt. Col. Thomas B. Noel, the commanding officer of JWTC. "Platoon commanders have a limited amount of control once Marines start pushing through the jungle — you get in 50 to 60 meters and suddenly you can't see someone 10 meters away, so the priority becomes getting the fire team and squad leaders to take charge.

The squads worked together during the weeklong course to learn skills needed to operate in a jungle environment, including obstacle crossing, rappelling, rope bridge crossing, patrolling and land navigation. The Marines used everything they learned throughout the week to complete

'The Marines' decision making and task management have definitely improved over the last

an instructor at JWTC. "I saw a growth in terms of leaders taking charge and Marines listening to and understanding orders to accomplish their

The increased emphasis on small-unit leadership provides opportunities for junior Marines to step up during the course and assume leadership roles within their squads.

'Some of the Marines who are typically quiet are the ones that end up calling out the commands and telling the other Marines what to do when they get into a situation like this," said Walcott. "(The course) brings out the confidence

Developing junior Marines' leadership qualities was an emphasis for 3rd LE Bn. as it conducted the basic jungle skills course.

"We are a fairly new unit, that has only been in existence for the last eight months, so we are developing our junior Marines' leadership internally," said Capt. Cory L. Holiday, company commander, Company B, 3rd LE Bn. "(The

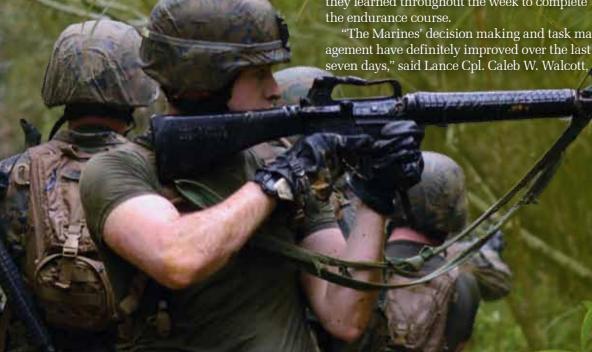
course) forces individuals placed in leadership positions to give verbal commands in a tactical environment, which is not something we have many opportunities to do in garrison."

Instructors with the training center designated Marines as casualties at certain points during the course, forcing the already fatigued Marines to work together to cross the remaining obstacles while carrying their wounded comrades.

"During a deployment, it is going to be a highstress environment anytime you leave the wire, so being able to function under stress while tired and experiencing mental and physical strain is something the Marines need to be able to do," said Walcott. "Training in these types of conditions is how they learn to do that."

The Marines rose to the challenge of the high-stress environment to complete the course and demonstrate their internal leadership at the squad and fire-team level.

Being out here definitely brought the teams together," said Holiday. "It forced the lance corporals to take charge of a squad and get the Marines through the obstacles."



Lance Cpl. Colin J. Hoffman provides rear security with his rubber M16A2 service rifle Feb. 15 at the Jungle Warfare Training Center while his squad evacuates a simulated casualty during the endurance course. The casualty was secured to an improvised stretcher fashioned from tree branches and utility blouses, as Marines maintained a combat mindset and had to work only with what they could find in the jungle and brought to the course. Hoffman is a military policeman with 3rd Law Enforcement Battalion, III Marine Expeditionary Force Headquarters Group, III MEF.



## **In Theaters Now**

#### **FEBRUARY 22 - 28**

#### **FOSTER**

TODAY Identity Thief (R), 6 p.m.; Parker (R), 9 p.m. SATURDAY Hotel Transylvania (PG), noon; Beautiful Creatures (PG13), 3 and 6 p.m.; Parker (R), 9 p.m.

SUNDAY Hotel Transylvania (PG), 1 p.m.; A Good Day To Die Hard (R), 4 and 7 p.m.

MONDAY Hansel & Gretel: Witch Hunters (R), 7 p.m.

TUESDAY Parker (R), 7 p.m. **WEDNESDAY** Parker (R), 7 p.m.

THURSDAY A Good Day To Die Hard (R), 7 p.m.

#### **KADENA**

TODAY Escape from Planet Earth (PG), 6 p.m.; This is 40 (R),

**SATURDAY** Escape from Planet Earth (PG), noon, 3 and 6 p.m.; Stand Up Guys (R), 9 p.m. **SUNDAY** Escape from Planet Earth (PG), 1 and 4 p.m.;

Identity Thief (R), 7 p.m.

MONDAY Identity Thief (R), 7 p.m. TUESDAY Bullet to the Head (R), 7 p.m. WEDNESDAY Identity Thief (R), 7 p.m.

THURSDAY The Hobbit: An Unexpected Journey (PG13),

#### COURTNEY

**TODAY** A Good Day To Die Hard (R), 6 and 9 p.m. **SATURDAY** Playing For Keeps (PG13), 2 p.m.; This is 40 (R),

SUNDAY Hotel Transylvania (PG), 2 p.m.; Bullet to the Head

MONDAY The Hobbit: An Unexpected Journey (PG13), 7 p.m. **TUESDAY** Closed

WEDNESDAY Identity Thief (R), 11:30 a.m.; Stand Up Guys

THURSDAY Closed

#### **FUTENMA**

TODAY Hansel & Gretel: Witch Hunters (R), 6:30 p.m. **SATURDAY** A Good Day To Die Hard (R), 4 and 7 p.m. SUNDAY Warm Bodies (PG13), 4 p.m.; Hansel & Gretel: Witch Hunters (R), 7 p.m.

MONDAY Bullet to the Head (R), 6:30 p.m.

**TUESDAY** Closed **WEDNESDAY** Closed **THURSDAY** Closed

#### **KINSER**

**TODAY** This is 40 (R), 6:30 p.m.

SATURDAY Hansel & Gretel: Witch Hunters (R), 3 and

**SUNDAY** The Hobbit: An Unexpected Journey (PG13), 3 p.m.; This is 40 (R), 6:30 p.m.

**MONDAY-TUESDAY** Closed

WEDNESDAY A Good Day To Die Hard (R), 3 and 6:30 p.m. THURSDAY Escape from Planet Earth (PG), 6:30 p.m.

### **SCHWAB**

TODAY Bullet to the Head (R), 6 and 9 p.m. SATURDAY Skyfall (PG13), 6 and 9 p.m. SUNDAY Playing for Keeps (PG13), 6 and 9 p.m. MONDAY-THURSDAY Closed

#### HANSEN

TODAY The Hobbit: An Unexpected Journey (PG13), 6 p.m.; This is 40 (R), 10 p.m.

SATURDAY Bullet to the Head (R), 6 and 9 p.m.

SUNDAY The Hobbit: An Unexpected Journey (PG13), 2 p.m.; This is 40 (R), 5:30 p.m.

MONDAY A Good Day To Die Hard (R), 6 and 9 p.m. **TUESDAY** A Good Day To Die Hard (R), 7 p.m. WEDNESDAY Beautiful Creatures (PG13), 7 p.m. THURSDAY Identity Thief (R), 7 p.m.

### THEATER DIRECTORY

CAMP FOSTER 645-3465 KADENA AIR BASE 634-1869 (USO NIGHT) 632-8781 MCAS FUTENMA 636-3890 (USO NIGHT) 636-2113 CAMP COURTNEY 622-9616 CAMP HANSEN 623-4564 (USO NIGHT) 623-5011 CAMP KINSER 637-2177 CAMP SCHWAB 625-2333

(USO NIGHT) 625-3834 Movie schedule is subject to change without notice. Call in advance to confirm show times. For a complete listing,

visit www.shopmyexchange.com.



For more information or to sign up, contact the Single Marine Program at 645-3681.

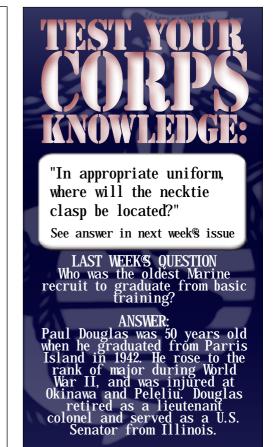
#### **DRAGON BOAT RACE PRACTICE**

• The Dragon Boat Races, called hari (the Chinese word for "dragon"), are held at the beginning of May each year at Naha port. The SMP is sponsoring two teams of 36 members each for the 39th Annual Dragon Boat Races. Practices are every Tuesday and Thursday from 1:30-3:30 p.m. at White Beach Naval Facility. SMP will provide transportation. Seek command approval before signing up.

#### **BUSHIDO MUD RUN CHALLENGE - MARCH 30**

• The Bushido Mud Run will be held March 30. Checkin time is 8 a.m. and race begins at 10 a.m. The 10kcourse will challenge participants' physical and mental endurance. For more information, contact the SMP.

Mention of any company in this notice does not imply endorsement by the Marine Corps.





## Japanese phrase of the week:

"Ohairi kudasai."

(pronounced: oh-hah-ee-ree koo-dah-sah-ee) It means, "Come in."



## CHAPLAINS

"The rhythm of the sea helps me escape the chaos of life's stress and put it all into perspective.'

## Relax to sounds of nature

## Destressing seas break life's stress, anxiety

#### Cdr. Dan Kim

DIRECTOR, CHAPLAINS RELIGIOUS ENRICHMENT DEVELOPMENT OPERATION OKINAWA

ife can be filled with a lot of stress, whether at work, home or **⊿** at places we enjoy recreational activities. When I become anxious or really stressed out, I try to make my way to the sea. The East China Sea off the coast of Okinawa is the perfect place at this time in my life.

When I am there, I like to sit down and look out over the great sea. All of my stress seems to dissipate as the sounds and force of the waves display the power of creation. I get consumed by the magnificence of the scenery and all the sounds of nature.

The sea absorbs my stress and

anxiety with its great depths and purifies me with its calming sounds. The rhythm of the sea helps me escape the chaos of life's stress and put it all into perspective.

The sea restores me and has taught me that I too should let the stress in my life be absorbed by something bigger than I.

When you feel stressed and anxious, I encourage you to stop, be still, calm your mind, and humble your heart. Think about the beauty and power of the sea. Let the image of the crashing waves absorb all of your stress and anxiety.

Like the waves of the sea, stress and anxiety can roll in and break you

Don't let it get the best of you.

FOR UPCOMING SPECIAL WORSHIP SERVICES AND EVENTS FOR ALL MARINE CORPS BASE CHAPELS, CALL 645-2501 OR VISIT WWW.MCIPAC.MARINES.MIL AND LOOK UNDER "AROUND MCIPAC"